



## **The Dance of Trauma: Realising the Body's Wisdom** **Integrating a Sensorimotor Psychotherapy Approach** **when working with Trauma.**

**October 16th, 2010**

National Council for Voluntary Organisation London N1 9RL

*“Responses to trauma result not simply from the experience of fear and helplessness but from how our bodies interpret those experiences.” – Rachel Yehuda*

The workshop will begin with an overview aimed at integrating a sensorimotor body focused approach and will include didactic and experiential learning. Some aspects you will be invited to explore are -

- Theories of Sensorimotor psychotherapy, neurobiology and body focused approaches:
- Movement Continuum:
- Body structure & character styles in relation to attachment and early relational environment – developmental trauma's encoding on the body:
- Vicarious trauma:
- A sensorimotor approach to Trauma & Developmental trauma:
- Mindfulness & Mindful movement:

Please wear comfortable clothes as you will be encouraged to move.

**Helen-Jane Ridgeway** is a UKCP registered integrative Psychotherapist. She has a particular interest in the integration of a sensorimotor, body focused approach when working with trauma. Her previous professional career in dance, performing arts, choreography and dance education, teaching in the UK and Europe, has afforded her a special interest understanding of the mind/body relationship. She has private practices in the South West & West London areas, providing psychotherapy, coaching, clinical supervision, group therapy and organisational consulting as well as providing specialist expertise in working with trauma. She teaches at various institutes such as Metanoia, Holloway University and Regents College. As Managing director of 'Phoenix Lifeskills Ltd' she provides consultation, workshops and 'in-house' training programmes in the UK and Europe.



## The Dance of Trauma: Realising the Body's Wisdom Application Form

Please print clearly.

Name:

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Address:

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Postcode:

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Telephone Number:

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E-mail Address:

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Any dietary requirements:

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Any other requirements:

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Please send me details of access

### Registration Fees

Inclusive of lunch and coffee/tea. Please tick one option.

Early Booking Fee (Before September 11th)

Ukapi Members: £80

Non-Members: £90

Standard Booking Fee (From September 11th)

Ukapi Members: £90

Non-Members: £100

Application forms & cheques made payable to UKAPI should be sent to

**Cynthia Ransley**, 3 Binden Road, London W12 9RJ. For detail about the conference, visit [www.ukapi.com](http://www.ukapi.com) and if you have any queries, email [enquiries@ukapi.com](mailto:enquiries@ukapi.com).